GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

WINTER STORM SAFETY

Last winter was one of the worst in our country's history, and if 1978 continues to be like it is now, we might be saying the same thing about this one. Heavy snows, high winds and sub - freezing temperatures have caused suffering and even death in many areas of the country that normally would have little or no snow.

Winter storm safety procedures are second nature to those who live in the northern and mid-western parts of our country, but for others this common knowledge may not be so common. I wish to share with you this week some things that we should do to help make our homes safer for our families:

1. Pay attention to weather forecasts.
3. Check battery powered equipment, emergency cooking equipment and flashlights, and keep these in good order.
3. Check your supply of heating fuel. Fuel carriers may not be able to deliver during heavy snow and bad road conditions.
4. Stock extra food. Be sure to include foods that need no cooking.
5. If the power is out, keep your refrigrator door closed. The food in your refrigerator and freezer will be safe from spoilage a minimum of two days if you don't open them at all. If you must go in and out of your refrigerator, be sure that you get as many things as necessary at one time and replace them all at one time.
6. Prevent fires by not overheating your stove, heater or furnace. Don't leave fireplaces unattended.
7. Stay indoors as much as possible. Cold winds and temperatures put extra stress on your body.
8. If you must go out, wear several layers of loose-fitting clothing. Layers of clothing trap warm air next to your body and serve as layers of insulation.
9. Get your car winterized. Keep the gas tanks filled. Be sure to use snow tires or chains when traveling.
10. If you must travel in bad weather, be sure someone knows where you are going and the time you expect to arrive.

What should we do during a power failure? The major problem that most of us have is keeping our family and ourselves warm. To conserve body heat, put on extra clothes or extra blankets if it is bedtime. Use layers of clothing, because this serves as layers of insulation. You should keep your head covered. 40% of our body's heat can be lost from our heads.

We should try to improve an alternate heat source. Some possibilities include a fireplace, wood, coal, gas, or oil stoves or space heaters. Please exercise extreme caution when using alternate heat sources in our homes.

We should keep a supply of candles, matches and at least one kerosene or gas lantern handy. This is good for us to have in case the electrical power goes off in our home.

If our water supply is shut off because of electrical outages, sanitation can become a problem. We should flush the toilets only enough to prevent clogging. Some suggestions include having a covered container for disposing of toilet tissue. Another suggestion is to draw a bathtub full of water to have for flushing the toilet.

In case of power outages, turn off or unplug all appliances and turn off all light switches. This will help the power company when they try to turn the power back on, and will keep some of our appliances from being damaged by a sudden surge of power.

If you have questions on how you can be better prepared for the ice and snow in the winter of 1978, you may call or write the Appomattox County Extension Office. It will be a pleasure to help you in any way we can.

Our phone number is 352-8244, and our Post Office Box is 488.

Homemakers, have a good week and be careful in the ice and snow.

RECIPE OF THE WEEK
Percolator Punch

3 c. pineapple juice
3 c. water
½ tablespoon whole allspice
3 - 2 inch sticks cinnamon (broken)
¼ teaspoon salt
½ c. brown sugar

Place pineapple juice and water in bottom of 8 cup percolator. Put whole allspice, cinnamon, salt and brown sugar in percolator basket. Percolate for 10 minutes or until punch is sufficiently spiced. Serve hot. This will be a nutritious and delicious hot drink for these cold snowy days.

GLADSTONE

Mrs. Elsie Megginson spent the week end in the home of Mr. and Mrs. Crawford Harris.

Mrs. Virginia Ragland has returned home after being a patient in Lynchburg General Hospital for several days.

We were sorry to hear of the death of Mr. Foster Catlett's sister, Mrs. Dolan, last week. We extend sympathy to the family.

Mr. David Jobe, a student at VPI & SU, spent last week in the home of his parents, Mr. and Mrs. H. D. Jobe.

Mr. Garland Hardin is a patient in the hospital. We wish him a quick recovery.

We were sorry to hear Mr. Wayne Wells is a patient in Lynchburg General Hospital and will undergo surgery on Monday.

Mrs. Allen Carter is spending several weeks in the home of her sister, Mrs. Guy Furr, in Roanoke.

Mrs. Royal Moore spent Wednesday night in the home of Mrs. Virginia Hunter.

So sorry to hear that Mr. Ernest O'Brien is in the hospital. We wish him a speedy recovery.

Mrs. Dick Seay and son visited her mother, Mrs. Rachel Moore, on Sunday.

CLASSIFIED ADS GET RESULTS

JORDAN

Many of our members and friends attended services on the 4th Sunday morning despite the weather and road conditions. Rev. Elliott preached from I Corinthians - 13th chapter, and the senior choir furnished the music. The service was very inspiring.

On Sunday night, January 29 at 7:00 p.m. Rev. Elliott will be preaching at the Jordan Baptist Church. Music will be by the Gospel Harmonettes. Everyone is invited to attend.

The house shower for Gwen and W. T. Lamberth that was postponed from January 14, 1978 because of the weather will be held on this Saturday night, January 28 at the home of Mr. and Mrs. Herman Megginson.

Have a nice day!

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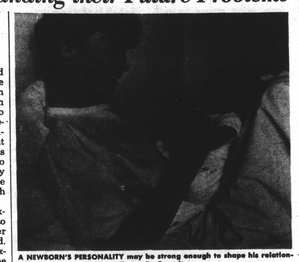
Newborns' Personalities May Be Key to Understanding their Future Problems

Mitzi Duxbury, Ph.D.
Director of Health Personnel Development
The National Foundation-March of Dimes



A NEWBORN'S PERSONALITY may be strong enough to shape his relationship with his parents, according to Dr. Brazelton.

The most underestimated members of our society are newborn babies. Parents often regard their baby as having an unshaped character, waiting to be molded by them. But researchers are beginning to realize that a three-day-old infant already shows powerful signs of individuality. Many also feel that a baby's personality may be a significant influence in shaping his relationship with his parents and siblings.

In the hands of a skilled examiner, a baby's reactions to different stimuli, no matter how subtle, can be evaluated. These tests can detect, for example, minimal damage to the central nervous system. Early identification of such problems can alert nurses, physicians, and parents to take appropriate action for treatment.

Brazelton's scale

One promising test to evaluate newborns has been developed by T. Berry Brazelton, M.D., chief of the child development unit at The Children's Hospital Medical Center in Boston. Brazelton's test, called the Neonatal Behavioral Assessment Scale, is in use at over 220 centers.

As part of its mission to protect the unborn and the newborn, The National Foundation-March of Dimes has awarded funds to two medical centers for training health professionals to use the Brazelton Scale. One grant, to Dr. Brazelton at Children's Hospital, is to set up a training center on the east coast. The other grant, to Dr. Kathryn Barnard of the Child Development and Mental Retardation Center at the University of Washington in Seattle, is for a similar program on the west coast.

"It is very important that a newborn be evaluated in the early days or weeks of life," Dr. Brazelton says, "because abnormal signs which are present at that time may disappear, to reappear months or years later as abnormal functions."

Early evaluation of infants at risk may prevent a compounding of problems. For instance a hyperactive newborn may press a mother and father into a kind of desperation. This reinforces the problems of the child so that he grows up in an overreactive and hostile environment. Forewarned with the knowledge that their baby is hypersensitive, parents can make every effort to deal with the problem calmly.

By contrast, quiet, undemanding babies—once known as "easy" babies—often fail to receive the nurturing care they need because it is easy to leave these babies alone. For the baby to develop his fullest potential, parents must try to make his environment as sensually and intellectually stimulating as possible. Overstimulation must be avoided.

Behavior responses

The Brazelton Scale assesses newborn's psychological capabilities. Essentially aimed at evaluating the normal newborn, the scale consists of tests for 27 behavior responses. Included are the baby's reaction to light, a rattle, a bell, and pinprick; alertness; general muscle tone; motor maturity; cuddliness; defensive movements; skin tone and color; activity; irritability; startle movements; hand-to-mouth facility; and smiles.

Best test results

In contrast to other psychological tests, the Brazelton Scale uses the newborn's best performance, not his average performance. The test takes approximately half an hour, but may be over a period of days to avoid tiring the baby.

"The newborn is making a tremendous adjustment to life outside the uterus," Dr. Brazelton says, "and all of his reactions must be viewed in this context. The fact that he has any energy left over for periods of response is amazing."

The March of Dimes supports wider use of the Brazelton Scale because it is an invaluable opportunity to help parents and improve the environment for an infant at risk.

PART-TIME WORKERS MIGHT GET TAX REFUND

Are you a student working after-school hours to help make ends meet? Or a retiree who is working once a week in a neighborhood department store?

If so, you probably have a tax refund coming, says the Internal Revenue Service. Because of relatively low earnings, many part-time workers are not required by law to file a Federal income tax return. Generally, single taxpayers who made less than $2,950 in 1977 are not required to file a Federal income tax return. Singles 65 and over who made less than $3,700 do not have to file. Married couples have a $4,700 requirement before they have to file if they are under 65, with $750 added to the limit for each spouse who is 65 or over.

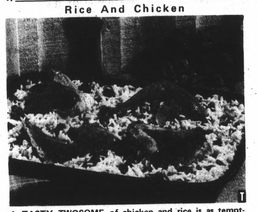
But in many cases income tax has been withheld from their pay and to get this money back, they must file a Federal tax return. By filing a return, qualified persons also may claim the earned income credit which is provided for low-income workers with families.

Part-time workers who want to find out if they have a refund coming should check their Form W-2, Wage and Tax Statement. If income taxes were withheld, a return must be filed to recover the money.

People who do not expect to earn enough to pay income taxes and had no Federal tax liability in the previous year should ask their employers about filing a Form W-4 to eliminate the withholding of income taxes from the worker's paycheck.

INFLATION-FIGHTING FOOD IDEAS

Rice And Chicken



A TASTY TWOSOME of chicken and rice is as tempting to the budget as it is to the taste buds.

There are almost as many reasons to enjoy a rice and chicken combination as there are ways to serve it.

Both foods are easy to digest and neither is hard on your food budget.

Chicken is low in saturated fat, high in unsaturates and mild in flavor, which means it will combine well with all sorts of vegetables, spices and seasonings.

Rice is not only easy to eat and low in fat, it's a good source of B complex vitamins, calcium and iron.

Together, in dishes such as Baked Chicken with Rice and Corn Dressing, they make a tasty meal that's elegant enough for company, economical enough for the family and enjoyable for all.

BAKED CHICKEN WITH RICE AND CORN DRESSING

1 broiler/fryer (2-1/2 to 3 pounds), quartered
2 tablespoons butter or margarine
2 teaspoons lemon juice
Salt and pepper
1/4 pound bulk pork sausage
3/4 cup sliced green onions
3/4 cup chopped celery
3 cups cooked rice, cooked in chicken broth
1 can (12 ounces) whole kernel corn, drained

Brush chicken with butter and lemon juice. Season with salt and pepper. Bake, skin side up, at 375 degrees about 30 minutes. Cook sausage, green onions and celery until vegetables are tender. Add rice, corn and salt and pepper to taste. Mix well. Spoon dressing around chicken and continue baking 30 minutes longer. Makes 4 servings.

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Q. I feel that what's mine is my husband's and what's his is mine and I live in a community property state as well. How would this affect death proceeds on life insurance?

* * *

A. In the eight community property states, generally what's his is half yours and vice-versa, from a legal standpoint. For example, insurance policies on the life of a husband or wife are generally considered to be community property. This means that only half of the proceeds will be subject to the estate tax upon the death of the insured. In all other states, however, all the proceeds will be in the insured/owner's estate for estate tax purposes.

Stick cinnamon is the rolled inner bark of a small East Indian tree.

A macadam road is so called because the method was invented by John Louson McAdam.

THE FASHION PLACE

Are you a wise shopper?

Of course you want to shop wisely so that you make the best use of your time and your fashion budget. A few guidelines will help you to do just that.

The wise shopper looks and reads.

A bit of comparison shopping never hurts. It's smart to check out fabric and workmanship and aim for the best buy for the price. Hangtags and labels should be read with care. Should the dress be machine-washed or dry-cleaned? Will it need ironing? Questions like these, and the answers to them, will help you make the right buying decisions.

The wise shopper checks fit.

It can't be said too often—clothes don't look their best if they don't fit well. Anything too snug, too loose, too long, or too short just isn't becoming.

One way to help determine proper fit is to wear the underfashions and the shoes that you'll be wearing with what "you're buying. Study your image from all angles in front of a dressing room mirror. Then test the fit by sitting and moving.

As you check the fit of a coat, remember that it will top several layers of clothing. Coat armholes, for example, shouldn't be too high and sleeves mustn't be too snug.

Trousers can be another common fit problem. They should hang straight from the hipline, touch the top of the shoe in front and cover the top of the shoe in back.

Trousers that stop at the anklebone or completely cover the heel just don't fit properly.

The wise shopper spends carefully.

Do plan to put sufficient money into items that must take hard wear and be worn for several seasons to come—like coats and shoes. Instead of spending for fad items that come and go, give a fresh look to your wardrobe with inexpensive accessories like scarves and belts. Realize that well-made classic clothes will defy style changes.

Do check out the sales. But never buy an item *just* because it's a special or a markdown. That beautiful white blouse on sale at half-price, for instance, is really no bargain if it can only be dry-cleaned. As a general rule, it's best to judge a sale item by the same standards you apply to regular-priced clothes.

The wise shopper sometimes breaks the rules.

Every so often, once in a season perhaps, you'll discover something totally irresistible that takes you (and your wardrobe plan) by surprise. If you look and feel marvelous wearing it, if you're sure it's not just a whim, *and* if it won't bend your budget—go right ahead and buy it.

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